



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 13929, Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw**

**Report Date: January 21, 2018 02:49 EST**

Nutrient values and weights are for edible portion.

Food Group : Beef Products

**Common Name: Sirloin strip, Sirloin steak**

**Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25**

**Refuse:3% Refuse Description: Bone and connective tissue**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 steak 608g
<b>Proximates</b>						
Water <sup>1</sup>	g	66.09	20	0.478	56.18	401.83
Energy	kcal	201	--	--	171	1222
Energy	kJ	842	--	--	716	5119
Protein <sup>1</sup>	g	20.30	20	0.173	17.25	123.42
Total lipid (fat) <sup>1</sup>	g	12.71	20	0.636	10.80	77.28
Ash <sup>1</sup>	g	1.03	20	0.025	0.88	6.26
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	0.00	--	--	0.00	0.00
<b>Minerals</b>						
Calcium, Ca <sup>1</sup>	mg	24	--	--	20	146
Iron, Fe <sup>1</sup>	mg	1.48	--	--	1.26	9.00
Magnesium, Mg <sup>1</sup>	mg	21	--	--	18	128
Phosphorus, P <sup>1</sup>	mg	187	--	--	159	1137
Potassium, K <sup>1</sup>	mg	315	--	--	268	1915
Sodium, Na <sup>1</sup>	mg	52	--	--	44	316
Zinc, Zn <sup>1</sup>	mg	3.55	--	--	3.02	21.58
Copper, Cu <sup>1</sup>	mg	0.069	--	--	0.059	0.420
Manganese, Mn <sup>1</sup>	mg	0.011	--	--	0.009	0.067

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 steak 608g
Selenium, Se <sup>1</sup>	µg	22.9	--	--	19.5	139.2
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin <sup>1</sup>	mg	0.063	--	--	0.054	0.383
Riboflavin <sup>1</sup>	mg	0.098	--	--	0.083	0.596
Niacin <sup>1</sup>	mg	5.986	--	--	5.088	36.395
Pantothenic acid <sup>1</sup>	mg	0.584	--	--	0.496	3.551
Vitamin B-6 <sup>1</sup>	mg	0.554	--	--	0.471	3.368
Folate, total <sup>1</sup>	µg	11	--	--	9	67
Folic acid	µg	0	--	--	0	0
Folate, food	µg	11	--	--	9	67
Folate, DFE	µg	11	--	--	9	67
Choline, total	mg	84.8	--	--	72.1	515.6
Betaine	mg	12.5	--	--	10.6	76.0
Vitamin B-12 <sup>1</sup>	µg	1.05	--	--	0.89	6.38
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	0	--	--	0	0
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol) <sup>1</sup>	mg	0.36	--	--	0.31	2.19
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Tocopherol, beta	mg	0.00	--	--	0.00	0.00
Tocopherol, gamma	mg	0.00	--	--	0.00	0.00
Tocopherol, delta	mg	0.00	--	--	0.00	0.00
Vitamin K (phylloquinone) <sup>1</sup>	µg	1.4	--	--	1.2	8.5
<b>Lipids</b>						
Fatty acids, total saturated	g	5.127	--	--	4.358	31.172
4:0 <sup>1</sup>	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 steak 608g
6:0 <sup>1</sup>	g	0.000	--	--	0.000	0.000
8:0 <sup>1</sup>	g	0.000	--	--	0.000	0.000
10:0 <sup>1</sup>	g	0.041	--	--	0.035	0.249
12:0 <sup>1</sup>	g	0.027	--	--	0.023	0.164
14:0 <sup>1</sup>	g	0.402	--	--	0.342	2.444
16:0 <sup>1</sup>	g	3.087	--	--	2.624	18.769
18:0 <sup>1</sup>	g	1.571	--	--	1.335	9.552
Fatty acids, total monounsaturated	g	5.440	--	--	4.624	33.075
16:1 undifferentiated <sup>1</sup>	g	0.620	--	--	0.527	3.770
18:1 undifferentiated <sup>1</sup>	g	4.803	--	--	4.083	29.202
20:1 <sup>1</sup>	g	0.018	--	--	0.015	0.109
22:1 undifferentiated <sup>1</sup>	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.483	--	--	0.411	2.937
18:2 undifferentiated <sup>1</sup>	g	0.311	--	--	0.264	1.891
18:3 undifferentiated <sup>1</sup>	g	0.152	--	--	0.129	0.924
18:4 <sup>1</sup>	g	0.000	--	--	0.000	0.000
20:4 undifferentiated <sup>1</sup>	g	0.020	--	--	0.017	0.122
20:5 n-3 (EPA) <sup>1</sup>	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA) <sup>1</sup>	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA) <sup>1</sup>	g	0.000	--	--	0.000	0.000
Cholesterol	mg	75	--	--	64	456
<b>Amino Acids</b>						
Tryptophan <sup>1 2</sup>	g	0.133	--	--	0.113	0.809
Threonine <sup>1 2</sup>	g	0.811	--	--	0.689	4.931
Isoleucine <sup>1 2</sup>	g	0.924	--	--	0.785	5.618
Leucine <sup>1 2</sup>	g	1.615	--	--	1.373	9.819
Lysine <sup>1 2</sup>	g	1.716	--	--	1.459	10.433
Methionine <sup>1 2</sup>	g	0.529	--	--	0.450	3.216
Cystine <sup>1 2</sup>	g	0.262	--	--	0.223	1.593
Phenylalanine <sup>1 2</sup>	g	0.802	--	--	0.682	4.876
Tyrosine <sup>1 2</sup>	g	0.647	--	--	0.550	3.934
Valine <sup>1 2</sup>	g	1.007	--	--	0.856	6.123

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 steak 608g
Arginine <sup>1 2</sup>	g	1.313	--	--	1.116	7.983
Histidine <sup>1 2</sup>	g	0.648	--	--	0.551	3.940
Alanine <sup>1 2</sup>	g	1.234	--	--	1.049	7.503
Aspartic acid <sup>1 2</sup>	g	1.849	--	--	1.572	11.242
Glutamic acid <sup>1 2</sup>	g	3.048	--	--	2.591	18.532
Glycine <sup>1 2</sup>	g	1.236	--	--	1.051	7.515
Proline <sup>1 2</sup>	g	0.968	--	--	0.823	5.885
Serine <sup>1 2</sup>	g	0.800	--	--	0.680	4.864
Hydroxyproline	g	0.213	--	--	0.181	1.295
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

**Sources of Data**

<sup>1</sup>National Cattlemen's Beef Association (NCBA) Nutrient Content of Retail Beef Cuts with 1/8 inch Trim Beef, 2000 Chicago IL

<sup>2</sup>National Cattlemen's Beef Association (NCBA) Nutrient Content of Ground Beef, 2000